

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2014

Cheesy Cornbread Waldorf Salad Salsa Chicken Creating a Casserole

Cheesy Cornbread

1 box (8.5 ounces) corn bread/muffin mix
½ cup frozen corn or drained canned corn
1 tablespoon hot sauce (more or less to taste)
¾ cup shredded reduced-fat cheddar cheese
1 tablespoon chopped onion

1. Preheat oven to 400 degrees. Coat a pie pan with nonstick cooking spray.
2. Mix the cornbread according to package directions. Do not over mix; batter will be slightly lumpy.
3. Add the corn, hot sauce, cheese and onions. Mix just until blended.
4. Spread the cornbread mixture into the pie pan.
5. Bake for 18 to 20 minutes or until light golden brown in color.
6. Cut into 8 wedges and serve hot.

Nutrition Note: This recipe makes 8 servings. Each serving has 150 calories, 4.5 grams of fat, 5 grams of protein, 23 grams of carbohydrates and 370 milligrams sodium.



Waldorf Salad

1 cup diced celery
2 apples, diced
½ cup walnuts, chopped
½ cup fat-free or low-fat vanilla yogurt
1 teaspoon lemon juice
1 teaspoon sugar (optional)

1. Combine celery, apples and walnuts in a mixing bowl.
2. In a different bowl, combine the yogurt with the lemon juice and sugar.
3. Add yogurt to celery and apple mixture and stir.
4. Refrigerate until ready to serve.

Recipe Source: NDSU Extension Service,
Expanded Food and Nutrition Education Program

Nutrition Note: This recipe makes 6 servings. Each serving has 120 calories, 6 grams of fat, 3 grams of protein, 14 grams of carbohydrates and 30 milligrams of sodium.

Breastfeeding:

Why breastfeed?

“I chose to breastfeed because I didn't get to breastfeed my first child, and I was determined to breastfeed this one.”

~ Amanda, WIC Breastfeeding Mom from Bismarck, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Salsa Chicken

4 boneless, skinless chicken breasts (4 to 6 ounces each)
1 package reduced-sodium taco seasoning
1 cup salsa
1 can (10.5 ounces) fat-free and reduced-sodium cream of mushroom soup
½ cup fat-free sour cream
3 cups cooked brown rice

1. Place chicken in a slow cooker and sprinkle with taco seasoning.
2. Pour salsa and soup over chicken.
3. Cook on low for 5 to 6 hours.
4. Remove from heat and stir in sour cream.
5. Serve with cooked brown rice.

Nutrition Note: This recipe makes 6 servings. Each serving has 320 calories, 5 grams of fat, 30 grams of protein, 34 grams of carbohydrates and 970 milligrams of sodium.



Kid-friendly Veggies and Fruits

Delicious Dippers: Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

CREATING A CASSEROLE

1. Choose one starch: 3 cups cooked rice (white or brown), 3 cups cooked pasta (regular or whole grain), or 2 cups cooked, diced potatoes (white, red or sweet).
2. Choose one protein: 1 pound cooked ground beef, 1½ cups cooked, diced chicken, turkey, ham, beef or pork, 2 cups chopped hard-cooked eggs, 1 to 2 cans (6-8 ounces) tuna or salmon, drained, or 1 can (15-16 ounces) or 2 cups cooked beans (pinto, black, white, navy, kidney, etc.). Drain and rinse canned beans to reduce sodium.
3. Choose one or more vegetables such as broccoli, cauliflower, carrots, green beans, squash, or mixed veggies (2 cups fresh vegetables, cooked, 2 cups frozen vegetables, cooked, or 1 can (15 ounces) vegetables, drained).
4. Choose one sauce: 1 can (10 ounces) soup (reduced-sodium cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.), 1 can (15 ounces) diced tomatoes with juice, or 2 cups white sauce. White sauce can be made by melting 1½ tablespoons fat (butter, margarine or oil) in a saucepan. Mix in 3 tablespoons flour to make a smooth paste. Slowly add 1½ cups skim or 1% milk. Cook over low heat, stirring constantly until thickened. Add ¼ teaspoon salt and a dash of pepper. Cook 3 to 4 minutes longer.
5. Choose one or more flavorings: ½ cup chopped onion, celery or green pepper, ¼ cup sliced black olives, ½ cup salsa, 1 to 2 cloves garlic, minced, 1 to 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.), or salt and pepper to taste.
6. Combine all ingredients, then bake. Place ingredients in a 9x13-inch pan coated with nonstick cooking spray. Bake at 350 degrees for about 30 to 45 minutes. Add more liquid (such as water) if the casserole becomes too dry. Add toppings (if desired) and return to the oven for about 10 minutes. The casserole may also be cooked on the stovetop in a saucepan or skillet for 15 to 20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.
7. Choose one or more toppings (optional): 2 tablespoons grated parmesan cheese, ¼ cup shredded reduced-fat cheddar or mozzarella cheese, or ¼ cup buttered breadcrumbs.

Recipe Source: NDSU Extension Service, *Pinchin' Pennie\$ in the Kitchen, 7 Steps to Creating a Casserole*

Turn Off the TV

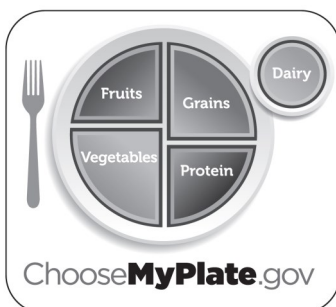
Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot.

Source: Head Start Body Start



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Enjoy Family Meals

Family meals allow your child to focus on the task of eating and give you a chance to model good behaviors. It takes a little work to bring everyone together for meals, but it's worth it and the whole family eats better.